



Watercress Soup

Featured on May 10, 2019 for “Regional Chinese Cooking Along the Transcontinental Railroad” demo with Chef Martin Yan

Watercress Soup

Recipe courtesy of Yan Can Cook, Inc.

Yields 4 to 6 servings

Ingredients

4 cups chicken broth
1 cup water
1 bunch watercress (about $\frac{3}{4}$ pound), tough stems removed
 $\frac{1}{2}$ cup sliced carrots
 $\frac{1}{2}$ teaspoon sesame oil
Salt to taste
Dash of white pepper

Directions

Bring broth and water to a boil over medium-high heat. Add watercress and carrots. Reduce heat to low and simmer until vegetables are tender, about 5 minutes. Stir in sesame oil, salt and pepper and serve.



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